

## **Hello Latin America & Canada!**

Check out *your* website at: <http://tricare15.army.mil>



- **The FY 2003 Spring POC Conference**
- **New National Mail Order Pharmacy (NMOP) Contractor**
- **A Message From the Office of the Medical Director**

### **The FY 2003 Spring POC Conference**

After much research of locations, facilities and travel regulations we have decided to have the 2003 TLAC Spring POC Conference in Miami. It would be extremely expensive and labor intensive to get approvals from SOUTHCOM, Department of State, and the Marine Security Guard for air travel. We are researching hotels in the Miami area to see if other hotels are available. Stand by for more information.

We have only received one response to our request for a self funded social. We STILL need to know if you would be interested in having a social if it would cost \$15.00 per person. Please email Mark Fox at [tricare15@se.amedd.army.mil](mailto:tricare15@se.amedd.army.mil) with your vote (please include your country with your yes or no vote.)

### **New National Mail Order Pharmacy Contractor!**

**Excerpt from web article:** More than 400,000 military pharmacy mail order customers will be switched March 1, 2003, to a new TRICARE Mail Order Pharmacy program, according to Army Col. William D. Davies of the TRICARE Management Activity, Falls Church, Va.

Services will continue under the National Mail Order Pharmacy contract until Feb. 28, 2003, he noted. The next day, March 1, Express Scripts Inc. will provide services under the new TRICARE Mail Order Pharmacy program, Davies said. TRICARE beneficiaries living and working overseas can use the mail order pharmacy if they have an APO, FPO or a U.S. embassy address. But the prescription must be written by a provider licensed to practice in the United States.

In early January, current users should receive a post card announcing the new services. That will be followed by a mailing which will include a registration form, a description of benefits and a brochure covering the TRICARE program.

Those eligible to use the current mail order program or the retail benefit are eligible to use the new TRICARE mail order program. New customers have to register for the program. Information will be provided through the TRICARE service centers, military treatment facilities pharmacy as well as their marketing points of contact.

### ***From the office of the Medical Director:***

In the December Blurb Colonel Luke Stapleton announced he would be assuming the duties of Medical Director of the Southeast Regional Medical Command. As he departs, he leaves behind a legacy of outstanding contributions and selfless service to TRICARE Latin America and Canada. For those of you who have worked directly with Colonel Stapleton I know you benefited greatly from his dedication, compassion, wisdom and humor. For some, his tireless behind the scenes work made dramatic and lasting improvements to the TRICARE Latin America and Canada program you enjoy today. For all, Colonel Stapleton will be missed. True to form, in his final message, Colonel Stapleton thanked all of you for what you do, and so I would like to take this opportunity to publicly thank Colonel Stapleton for all he has done for TRICARE Latin America and Canada and wish him continued success in his new assignment.

I would also like to take this opportunity to let you know I will be filling in as the Medical Director for the foreseeable future. Having served as the Medical Director from June 2000— June 2001, this is a “Homecoming” of sorts for me. I look forward to working with you as we continue to improve the TRICARE Latin American and Canada program.

*Semper Paratus*

COL James Baunchalk, MC, USA /s/  
Executive Director/Medical Director, TRICARE Regions 3/15

WPS Customer Service Phone Numbers for TRICARE Overseas are 608.301.2310 and 608.301.2311

## Nutrition Can Be Tricky!

We've all made New Years' Resolutions that included weight loss, doing better in school and yes, even eating better. I've said it for years, "we need to plan our meals ahead of time to save money and lose a little weight. Perhaps all I needed was some 'better living through technology'!

Take a look at this Interactive Menu Planner below. It's from the National Institute of Health website <http://hin.nhlbi.nih.gov/menuplanner/>. Hope you find it useful.

### About the Interactive Menu Planner

The interactive menu planner is designed to guide daily food and meal choices based on one day's calorie allowance. It may be used in advance to plan a meal, or at the end of a day to add up total calories, as well as fat, and carbohydrates consumed.

#### To Use the Menu Planner

Choose your total number of calories for the day, and then choose a meal. For each meal you are provided options of food choices according to the foods groups included in the American Dietetic Association (ADA) exchange list. Once you select a specific food item, you will also need to choose the number of servings consumed. The servings are based on the ADA exchange list. For example, if you consumed 3 oz. lean beef, you would enter 3 servings.

Since the nutrients for the different foods included in this menu planner are based on the ADA exchange list, they may differ from the Nutrition Facts Food Label and the Dietary Guidelines For Americans.

#### To Make Changes to a Previously Selected Meal

- Choose the meal to be changed under Select Calories and a Meal, then click the food item to the right of the page under Meal Menu.
- To change a meal item quantity, click on to the serving size and adjust the amount accordingly.
- To add a food, select the appropriate food item and enter the number of servings.
- To delete a food, select the appropriate food item and choose 0 servings.

The Menu Planner will automatically adjust the Meal Selections at the bottom of the page, as well as Calories Used, Calories Remaining, Total Fat and Carbohydrate under Select Calories and a Meal.

**Menu Planner - Microsoft Internet Explorer**

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Address <http://hin.nhlbi.nih.gov/menuplanner/> Go

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**NATIONAL INSTITUTES OF HEALTH** *Interactive Menu Planner*

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**Select Calories and a Meal**

Number of daily planned calories: 1200

Select Meal: - None -

Total Allowable Calories: 1200

**Total Calories Used:** 0

**Calories Remaining:** 1200

**Total Fat (gm):** 0

**Total Carbohydrates (gm):** 0

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**Meal Menu**

Item	Serv.	Cal.
Fruits	0	0
Vegetables	0	0
Milk	0	0
Grains & Starches	0	0
Meats & Proteins	0	0
Beverages	0	0
Fats	0	0

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**Meal Selections**

**Breakfast**

Internet